

**DIETARY PREVENTION AND TREATMENT OF HEART DISEASE**—John W. Gofman, Ph.D., M.D., Donner Laboratory, University of California, Berkeley; Alex V. Nichols, Ph.D., Donner Laboratory, University of California, Berkeley; E. Virginia Dobbin, Senior Dietitian, E. V. Cowell Memorial Hospital, University of California, Berkeley. G. P. Putnam's Sons, 210 Madison Ave., New York 16, N. Y., 1958. 256 pages, \$3.95.

Dr. Gofman's work, especially on the amount and significance of the blood lipoproteins, is well known. In the opening chapters he sustains the thesis of the bad effect on the coronary arteries of increased quantities of certain lipoprotein fractions. These changes he thinks can be prevented or delayed by dietary regulation. At this point the dietitian (Dobbin) takes over the major burden of the discussion to which nearly two-thirds of the book are given over. Planning the diet and the preparation of foods are gone into in detail.

ARTHUR L. BLOOMFIELD, M.D.

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**COMMUNICABLE DISEASES—A Bibliography of Internal Medicine**—Arthur L. Bloomfield, M.D. The University of Chicago Press, Chicago, Illinois, 1958. 560 pages, \$10.00.

This is a book of first importance. Technically it is an annotated and critical bibliography on the communicable diseases, but in content and conception it is a major contribution to the education of the physician both young and old. In recognizing the problem created for student and practitioner by the enormous growth of the medical literature so that the student, in a vain attempt to keep up, ignores everything except the writings of the past decade, the author fears that "there is real danger that we shall become completely cut off from our medical past and relapse into a sort of modern Dark Age." And further, he points out that for the critical understanding of a subject, it is imperative for the physician to be able to follow the development of ideas, which requires some sort of historical approach. These needs are very real not only for medicine but also for science in general. Indeed, it is shocking that this highly experienced teacher could write, "Few students nowadays (1957) remember Sir Thomas Lewis, George Minot, or F. G. Banting; most of them have never heard of Von Mering and Minkowski.

A solution to this problem was provided for general science by James Conant of Harvard in the brilliant series under his editorship of "Case Histories in Experimental Science," where an historical approach is provided to teach the tactics and strategy of science as well as the facts and principles to which the typical textbook is restricted. Here an acknowledged master internist, who is Emeritus Professor of Medicine at Stanford University, guides us through the morass of literature by discussing every contribution on the communicable diseases of fundamental importance, but excluding those which add nothing essentially new. In this the author has been extraordinarily successful, and his annotations are most readable and informative. It is most exciting to have such a guide. However, even Homer nods, as the adage goes, for the author in his criticism of John Hunter (pages 298-299) fails to appreciate his errors were not the outcome of "fanciful theory" but due to the confusion caused by his famous self-experiment in which he accidentally contaminated himself with both gonorrhoea and syphilis in the belief that he was innoculating a single disease. John Hunter was not given to theory. His famous dictum written to Jenner was "Why think? Why not try the experiment?"

The present work covers the literature on some thirty diseases, opening up with typhoid as a gracious tribute to

another great clinician Sir William Osler who discussed this disease first. The author has translated the relevant sections written in foreign languages and appended abstracts in the case of articles published in obscure or inaccessible journals. Apparently this is to be the first volume of a series to cover the entire field of internal medicine. What an immense and Herculean labor the author has set himself! Every student of medicine and physician will be eternally in Dr. Bloomfield's debt and will want to have this volume on his shelf not only for reference but to read.

J. B. DE C. M. SAUNDERS, M.D.

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**ANNUAL REVIEW OF MEDICINE—Volume 9—1958**—David A. Ryland, Editor, and William Creger, Associate Editor, both from Stanford University School of Medicine. Annual Reviews, Inc., Palo Alto, 1958. 530 pages, \$7.00, postpaid.

We continue to be impressed by the high quality of the Annual Review of Medicine. For the most part the authors manage to keep their reviews coherent and interesting without including every article on a subject whether significant or not.

In the 1958 volume are twenty-eight chapters ranging over a variety of fields of interest, from organ systems to laboratory aids, and ending with a note on recent advances and future plans in Soviet medical research.

Physicians interested in teaching and research will find this book particularly useful.

EDGAR WAYBURN, M.D.

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**THE PRACTICE OF NUCLEAR MEDICINE**—William H. Bland, M.D., Chief Radioisotope Service, Veterans Administration Center, Los Angeles, California; Franz K. Bauer, M.D., Chief, Outpatient Services, Los Angeles County Hospital; Associate Clinical Professor of Medicine and Coordinator of Radioisotope Research, University of Southern California School of Medicine, and Benedict Cas-sen, Ph.D., Chief, Medical Physics Section, Atomic Energy Project and Clinical Professor of Biophysics, University of California at Los Angeles, School of Medicine. Introduction by Paul Aebersold, Ph.D., Assistant Director for Isotopes and Radiation, Division of Civilian Application, United States Atomic Energy Commission. Foreword by Joseph F. Ross, M.D., Associate Dean, Professor of Medicine and Radiology, School of Medicine, University of California at Los Angeles. Charles C. Thomas, Springfield, Illinois, 1958. 407 pages, \$12.50.

This book has been written with the intention of bringing the basic principles and the practical and clinical aspects of nuclear medicine to the practicing physician.

The book is divided into four parts: Part I, Physical Principles; Part II, Diagnostic Methods; Part III, Therapeutic Applications; and Part IV, Laboratory and Instruments.

The authors describe the various applications of the use of nuclear energy to the diagnosis and treatment of diseases of the heart, blood and blood vessels, of the gastro-intestinal tract, liver, kidneys, and of the lymphatic system. The authors have had a great deal of clinical experience and also in nuclear medicine instrumentation.

Great advances have been made in nuclear medicine in recent years, and it is important that all practicing physicians know the help which they may expect from the use of ionizing radiation. This book will provide this information. It is clearly and authoritatively written and will be of considerable interest to the specialist as well as the general practitioner. It will serve as a ready reference source which will be invaluable to the reader. The data is presented from a practical clinical viewpoint rather than stressing the highly technical aspects.